



# Town of Manchester

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March 9, 2007

Dear Senator Handley, Representative Sayers and members of the Public Health Committee,

As the Geriatric Clinic Nurse for the Manchester Health Department, I am asking you to recommend appropriations to support the activities in Bill S.B. 1226, An Act Establishing A Fall Prevention Program. I will not be able to testify at the Public Hearing scheduled for Wednesday, March 14, 2007 due to prior clinic commitments. Please consider this letter as my written support in lieu of testimony.

Falls among the older population can lead to serious injury and costly hospitalizations. Research shows that the frequency of falls can be reduced by identifying and treating the health problems that lead to these potentially life threatening incidents.

As a participant of the Connecticut Collaboration of Fall Prevention, established in 2004 by the Yale University School of Medicine, the Manchester Senior Center and Health Department have been very involved in fall prevention activities. To date we have:

- Provided individual fall risk assessments for people age 65 or older
- Distributed brochures on fall prevention
- Created and distributed balance exercise videos to homebound clients
- Trained Senior Center exercise instructors to include balance exercises as part of all classes
- Provided exercise programs specifically developed to address strength and flexibility
- Coordinated educational programs on fall risk factors
- Provided "Don't Let Falls Get You Down" a five part series on fall risk factors created by a Clinical Exercise Specialist involved in the Connecticut Collaboration for Fall Prevention project

Manchester has been very successful, with the help of the Collaboration, in creating these programs to help prevent falls in older adults. It is our hope that these types of programs will be established throughout Connecticut's communities so that our residents will be able to prevent falls that contribute to rising health care costs and disability in our older population.

Thank you very much for your consideration of this important bill. If you have questions or need additional information about the impact of our programs, please contact me at 860-647-3078 or [bquigley@ci.manchester.ct.us](mailto:bquigley@ci.manchester.ct.us).

Sincerely,

  
Barbara Quigley RN, BSN

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